

# Letter from Taizé

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Opting for Joy

"A joyful heart, that is your life. Leave sadness behind!"
This appeal from a believer who lived long before Christ is also meant for us today. We undergo trials and suffering in our lives, sometimes for long periods.
But we always want to try and rediscover the joy of living.
(Brother Alois, Letter from Chile)

## Moses (Kenya)

Personally, it has been hard for me to embrace joy in our day-to-day activities after we lost two of our family members in such a short span of time. We were asking ourselves what was going on in our life. I have been going to church praying asking God to retain our joy, and within no time the joy came back to me and my family. It's hard to find joy while living in a worldly manner, since joy is a gift from God.

Therefore by following His commandments, we are subjected to God's joy which every human in this world wants. We are asked to spread joy to others because we are the light of the world, let our light reach everyone. We should share our joy like the way we share light in Taizé on Saturdays; to me it had a big impact on my life and I drew my strength from that act of lighting the candles because I knew what it meant in my life. May our God pour joy into our life because that's what we need most in our modern life.

What brings a human life to fulfillment is not spectacular exploits, but a serene joy that touches the depths of the heart. The unfinished and fragmented character of every life, along with the suffering, is not eliminated, but this does not extinguish serenity. (Note 2)

## Ryan (USA)

When I think of opting for joy, I think first of reacting in opposition to depression or

sadness. But I can practice choosing joy now, even when I am granted a current, fleeting happiness. Too often, I take unthinking comfort in my good mood. But when the tide recedes and I am no longer happy, I am revealed to be completely dependent on my ephemeral emotion.

Opting for the joy of the Divine, therefore, requires moving from mindless to mindful. Instead of deciding I am entitled to happiness, I must thank God that right now, all is bright. Then I remember that my hope is not in my surroundings or in my mental state. I remind myself that the reason I act must not be self-serving; my life is not for my own happiness. However, because my good humor is temporary does not mean that it is evil. It is merely not the goal towards which I strive. And then I pray that when I eventually do find myself in darkness, I will not grope about for the world's light, but rejoice in the light of the Word.

Sometimes those who suffer poverty and deprivation are capable of a spontaneous joy in living, a joy that resists discouragement.

## Maria Laura (Argentina)

The joy of those who live in poverty has always been a mystery for me. When I was 15 my life crossed the life of the poor, first as part of a missionary community and today, ten years later, with the Dominican Youth Movement searching for social justice. I cannot run away from this, aware as I am of all the rights that as a society we trample on.

And curiously, ever since I have shared with them situations of deep sadness and powerlessness, seeing people hurt and beaten, resigned and disillusioned, lonely and spiritless, without hope and inspiration, I have experienced the joy of living, because these same people taught me that in the midst of hopelessness and situations of painful injustice there is a God who walks with us day by day. They know that he supports them in their daily struggles, helping them to survive, even when they have no more strength. These people get up each day with the living trust that God is there in their midst and loves them deeply. This is shown through small signs: the care of a mother who watches her child grow, children who share the little they have with their brothers and sisters, young people enjoying a dance, women bursting into laughter during a meeting and supporting one another, old people who work together and get back the gleam in their eyes, simple and deep conversations around a bowl of mate, a prayer in the middle of the village. In these moments of simple communion I discovered a God who invites us to draw the best from each person and give it to others, a God who shows himself in the simple and the lowly. They are capable of hope, of hospitality, of enriching life, of praying, of struggling, of celebrating, of feeding, of loving, and they invite me to live in communion, to share the bread of the poor and their hunger as

Thanks to them I have learned that happiness is not a personal search, but a fellowship of body and blood, of life and death, of sorrow and hope, of yours and mine. Today I want to remain in the midst

Continued on last page

# **Unfailing Joy**

Rejoice in the Lord always. I will say it again: Rejoice! Let your *epieikēs\** be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4-7)

It may seem paradoxical that the letter of Saint Paul that speaks most about joy was written in prison, at a moment when the apostle does not even know whether he will be freed or whether he will undergo martyrdom. But precisely in this difficult and complicated situation he discovers the secret of Christian joy and shares it with us.

Humanly speaking, joy or happiness seems to be above all a question of favorable circumstances. I am happy when I am surrounded by friends, when I have a desirable future before me, when I have a rewarding job, and so on. But in that case, it would scarcely be possible to rejoice "always," because life leads us through dark valleys just as often as up onto exhilarating mountaintops.

Paul has found, in fact, a source of happiness that will never fail. It consists in a communion with the risen Christ, who has already passed through the lowest point of the human condition (3:10). Rooted in this Life, the apostle experiences a joy that nothing can impair. Whether he lives or dies, whether others shower him with affection or compete with him as rivals (1:15-20), all that is the same to him when seen from the standpoint of his relationship with Christ, which surpasses everything (3:8). He has learned to be satisfied with everything, to turn everything to good account (4:11-13).

This equanimity whatever happens, this unflappable serenity and smiling good humor because of the nearness of Christ is, for Paul, the clearest sign of the life of faith. This attitude is summed up in the word *epieikēs*, which receives such a rich and profound content here that all our translations approach it without ever managing to capture it. It is, in fact, the key to the epistle, the secret of Christian joy.

Naturally, like everybody else Paul has worries. But instead of letting them poison his existence, he places them through prayer in Christ's movement from death to life, where thanksgiving always takes the first place. And the text concludes by speaking of God's *shalom*, a peace and fullness beyond words that enables believers to go through everything and to remain in a constantly reawakened joy.

Have I ever experienced unexpected joy and peace in moments of trial?

What helps me to deepen my union with the living Christ?

What role does the prayer of petition and of thanksgiving play in my life?

# Seraphim of Sarov (1759-1833)

A monk of the Orthodox Church, a highly reversaint in Russia, Seraphim of Sarov in many ways exbodies the radicalism and optimism of the Gosp Entering the monastery of Sarov at the age of Prokhor Moshnin received the name Seraphim, Hebrew "the fiery one." As he later wrote: A light candle, while burning with earthly fire, lights other candles that will illuminate other places without a ling its luster. If that is the property of earthly fire, we about the fire of the grace of the Holy Spirit?

Alternately a baker, sexton, carpenter and luberjack, he struggled during his early years in the monastery against the disease of dropsy. After a vision of the Mother of God, along with the apostles Perand John, he fully recovered and spent the next streen years of his life living as a hermit in the fore. It is said that he prayed for a thousand days and thousand nights kneeling on a rock, his arms of stretched to the sky. His prayer calmed even the animals around him: a wild bear he fed became I friend. One day when he received a guest, he ask the bear to go and get some honey to offer by ways welcome. And the animal complied at once.

On another occasion when he was welcomic visitors, a tragic incident occurred: some bandits a saulted him to steal his money, he who had only icon and a Bible along with a few utensils. He new fully recovered from his injuries and from them walked hunched over, leaning on a stick. Again was visited by the Mother of God. When the bandits were arrested, he forgave them and asked that authorities to grant them clemency.

Following this episode, he took upon himself if three years "the cross of complete silence," no long receiving anyone and devoting his energy to pray He recited continuously the prayer of the Name Jesus: "Lord Jesus Christ, son of the living God, ha mercy on me, a sinner."

After receiving from his abbot the order to retu



Lk 24:13-35

Jn 20:19-23

with you. As the Father sent me, breathed on them and said, "Re-SUN The Risen Christ said to the disciples: "Peace be so am I sending you." Then he

1 Jn 4:7-12

ceive the Holy Spirit."

Mon God's love for us has been shown in this way: God sent his only Son into the world that we might have life through

2 Tm 2:8-13

suffered, even to the point of being Remember Jesus Christ, risen from the dead. On his account I have Tue St. Paul writes: put in chains like a criminal.

Wed Paul writes: Christ has been raised from the dead. For just as all die in Adam, so in Christ all will be brought to life.

Thu After the model of be holy yourselves in all that you the Holy One who has called you 1 P 1:13-21

LThu God gives strength to

Is 40:25-31

universe.

the weary and the weak.

1 Jn 3:1-3

heavens, in order to fill the whole

he who descended is the very one who ascended higher than all the

Jn 21:15-17

"Lord, you know everything; you "Do you love me?" Peter replied, Fri Jesus asked Peter, know I love you."

7 Jn 6:57-63

Sat Jesus said: The Spirit nothing. The words I have spoken to you are spirit and they are life. gives life; the flesh counts for

and now the life you have is hidden

with Christ in God.

things above. For you have died

+Sat You have been raised

with Christ, so set your hearts on

give it to them. And their eyes were table with two disciples, the Risen ing, broke the bread and began to Christ took bread, said the bless-OSUN When he was at

come that they may have life and

have it to the full

Jn 12:23-36

SUN Jesus said: I have

Jn 10:1-10

earth. He raises the poor from the Mon God is on high, but bends down to both heaven and Ps 113

opened and they recognized him.

dust and lifts up the needy. Jr 31:31-34

shall be their God and they will be UTue The Lord says: I shall put my law deep within them. I shall write it on their hearts. I my people.

found the Eleven who said to them

"It is true! The Lord has risen and

has appeared to Simon."

O 3r 17:14-17

returned to Jerusalem. There they

Emmaus set out that moment and

the Risen Christ, the disciples at

Tue Having recognized

T Ep 4:1-13

shall be healed; save me and I shall O Wed Heat me, Lord, and I be saved, for you are my praise. Wed Christ descended to the depths of the earth, and

Jb 42:1-6

have spoken about things I did not ful for me, which I did not know. I knew you only by hearsay before, understand, things too wonder-/Thu Job said to God: I but now my eyes have seen you.

Col 2:6-10

all the fullness of God lives in bod-UFri Paul writes: In Christ, lly form, and in him you too find ulfilment.

Father has lavished on us, that we

should be called God's children.

And that is what we are!

Col 3:1-4

Fri How great a love the

T Lk 4:14-30

to bring good news to the poor and Sat The Lord has sent me to proclaim freedom to those in captivity.

SUN Jesus said: Do not et your hearts be troubled. You Jn 14:1-3

towards your way, 0 God, and not trust in God, trust also in me. - Mon Turn my heart Ps 119:33-40

me life.

death; he surrendered himself and cries and with tears, to the one prayer and entreaty, with loud who was able to save him from L'Hue Jesus offered up Heb 5:1-10 was heard.

Wed John writes: Whoever claims to be in Christ must 1 Jn 2:1-6

walk as he did.

OThu Jesus said: If anyone Mt 10:37-42

Rm 6:12-14

2 O Sat Paul writes: We give O 1 Th 2:1-13

disciples: In a short time the world will no longer see me, but you will see that I live and you will also SUN Jesus said to his

and selfless, like a springtime

to be transparent, simple

n flower. And may God's

Holy Spirit, always present n our hearts: you invite us oy touch the very depths of

our soul

Mon You who revere the ord, trust in him, await his good Si 2:1-11

gifts: everlasting joy and mercy.

T Is 66:12-14

ike a river. When you see this, your joing to send peace to my people L Tue The Lord says: I am neart will rejoice.

) ( Jn 14:18-21

to selfish gain. By your word give

am lifted up from the earth, I shall

draw all people to me.

7Lk 24:13-34

JMon Jesus said: When I

ter to one of these little ones who gives so much as a cup of cold wais my disciple, they will certainly not lose their reward. Fri Give yourselves to God any power over you - you are not and then sin will no longer have under law, but under grace.

heard the Word you received it not as the word of human beings, but thanks to God because when you for what it really is, God's word, which is at work in you.

> These short readings are those read, day by day, at community prayer in Taizé. The Bible reference given indicates a slightly onger passage

Jn 17:1-11

your Son, that your Son may glorify Father, the time has come. Glorify you and give eternal life to all SUN Jesus prayed: those you have given him.

Hos 14:2-9

Mon The Lord says: I will I shall love them with all my heart. cure my people of their disloyalty, I hear them and watch over them.

7 Rm 5:1-11

Tue Our hope will not let us down, because the love of God by the Holy Spirit which has been has been poured into our hearts given to us.

( ) Is 45:1-7

Wed Jesus said: The one

Jn 8:28-32

who sent me is with me. He has not

left me on my own, for I always do

what pleases him.

mountains so that you may know go before you and will level the that I am the Lord, the one who O Wed God says: I will calls you by name.

Ep 5:14-20

filled by the Spirit. Sing and make Thu Let yourselves be music in your heart to the Lord.

> May God enlighten the eyes of your heart so that you may see the hope

to which he calls you.

Mk 16:15-20

LThu ASCENSION

Fp 1:15-23

1 Jn 1:5-7

L V Fri If we walk in the light, as God is in the light, we are in communion with one another.

Mk 13:5-13

whole world; proclaim the gospel

to all creation.

Fri Jesus sent out his disciples, saying: Go out to the

ZSUN PENTECOST

The Risen Christ breathed upon

Tue Paul writes: Having among you, says the Lord. Rm 7:4-6

died to what was binding us, we are released from the Law to serve in the new life of the Spirit.

Wed We have not received we may understand what God has Spirit that comes from God, that

Ac 10:1-35

avourites, but that in every nation he loves those who revere him and really understand that God has no OThu Peter said: I now

Ps 119:1-16

promises in my heart so as not to seek you, O God. I treasure your / Fri With all my heart I sin against you.

O Mt 16:13-20

revealed to you by any human, but "Blessed are you, for this was not OSat Peter said to Jesus, "You are the Christ, the Son of the living God." Jesus replied by my Father in heaven."

SUN God so loved the

O Jn 3:13-17

has eternal life, and I shall raise them up on the last day.

said to me: My grace is sufficient for you, for my strength is made COTue Paul writes: God perfect in weakness.

) C) 2 Tm 4:6-18

ord will give me. Mt 20:24-28

Sun Jesus said: Whoever

you what you expect of us, God of love, when we ask

we realize that you call us to be a reflection of your

> sire faithful love, not sacrifice, and Mon The Lord says: I deacknowledgement of God rather Hos 6:3-4,6

presence.

than burnt offerings. O 2 Co 12:1-10

fight to the end. I have run the race Paul writes: I have fought the good to the finish. I have kept the faith. Wed SS PETER AND PAUL crown of righteousness which the Now there is in store for me the

but to serve and to give his life for UThu Jesus said: The Son of Man did not come to be served, the ransom of many.

world that he gave his only Son, so Mon Blessed be God who that whoever believes in him may not perish but may have eternal 7 7 2 500 1:3-7

For just as the sufferings of Christ consolation is abundant through consoles us in all our afflictions. are abundant for us, so also our Christ.

T Ep 2:19-22

prophets, and Christ Jesus himself household. You are built upon the L Tue You are part of God's foundations of the apostles and is the cornerstone.

1 Jn 5:14-15

-Wed John writes: We are anything, and it is in accordance confident that if we ask God for with his will, he will hear us.

Ot 8:14-18

people: Do not forget the Lord your in a waterless place gave you water through this vast desert, and who God who delivered you from the land of slavery, who guided you Thu Moses said to the out of hard rock.

Mt 11:2-15

TEri St JOHN THE BAPTIST says: Look, I am going to send my messenger before you to prepare He is the one of whom scripture Jesus said of John the Baptist: your way.

Mt 13:31-33

kingdom of heaven is like the yeast a large amount of flour until the a woman took and mixed in with Sat Jesus said: The whole thing rose.

Jn 20:19-31

Holy Spirit. If you forgive anyone's his disciples and said: Receive the

my people, for I am coming to live Mon Sing and rejoice, sins, they are forgiven. 7 Zc 2:14-17

1 Co 2:12-16

the spirit of the world but the freely given us.

act justly.

disciples: When you are taken to be what you will say. No, say whatever is given you when the time comes, or it is not you who will be speakhanded over, do not worry about L Sat Jesus said to his ng but the Holy Spirit.

LSat Jesus said to his dis-

Mk 9:30-37

they must make themselves last of ciples: If anyone wants to be first,

all and servant of all

by day, at community prayer in Taizé. The These short readings are those read, day Bible reference given indicates a slightly

onger passage.



Mt 11:28-30

entrusted to us. Keep us in and bless those you have Bless us, God of life,

from me, for I am gentle and humble in heart, and you will find rest SUN Jesus said: Learn for your souls.

Lk 11:27-28

the spirit of the Beatitudes

- joy, simplicity and

mercy.

are they who hear the word of God Mon Jesus said: Happy Ga 5:1-6 and obey it.

Tue Paul writes: Stand firm, for Christ has set us free in order for us to remain free.

have imitated us and the Lord by welcoming the Word with the joy of the Holy Spirit despite severe Wed Paul writes: You 1 Th 1:1-8 suffering.

Timothy: With the help of the Holy the good deposit of faith given to Spirit who dwells in us, keep safe Thu Paul writes to 72 Tm 1:12-14

pare with you, Lord, for pardoning sin and overlooking transgression? You will again have compassion on O Fri What God can comus, treading our sins underfoot. O Mi 7:18-20

1 P 1:13-21

glory for this very purpose — that now have faith in God, who raised Sat Through Christ you your faith and hope should be in him from the dead and gave him

humility in your relationships with

others, for God gives his grace to

the humble.

\_Sat The Lord sent me to

J Is 61:1-4

them in festive garments instead comfort all who mourn, to clothe

of despondency.

- Fri Clothe yourselves in

1 P 5:5-7

L SUN In a parable, Jesus said: The seed which was sown Mt 13:1-23

I Mon The Lord says: Return hears the Word and understands it; in good soil is like someone who that person bears fruit. Jr 3:12

and they follow me. I and the Jn 10:22-30

Father are one. Mt 7:1-5

nowhere to lay his head. Mt 8:18-22

to suffer grievously and to be Mk8:27-35

Mt 13:31-32

to me, for I am merciful

LIue Jesus said: My sheep listen to my voice; I know them,

judge, and you will not be judged. Wed Jesus said: Do not

who does the will of my Father in

neaven is my brother and sister

Tue Jesus said: Anyone

Mt 12:46-50

have nests, but the Son of Man has have holes and the birds of the air Thu Jesus said: Foxes

ciples: The Son of Man is destined Fri Jesus taught his disrejected by the chief priests and scribes, to be put to death, and after three days to rise again.

people who look at their faces in a

do not do what it says are like

mirror and, after looking at them-

selves, go away and immediately

forget what they look like.

Lk 17:3-4

L Thu James writes: Those

J Jm 1:21-25

measure.

who listen to the word of God but

OSat By your faithful love I may enter your house, where I bow down in adoration. Lead me, Lord, in your justice.

HSUN Jesus said: The

Mon St JAMES Jesus said the world the powerful make their power felt. Among you this is not to happen. No, anyone who wants to become great among you must to his disciples: You know that in Mt 20:20-28 be your servant.

for these are the kinds of sacrifice

that please God.

works and sharing your resources,

O Mon Keep doing good

O Heb 13:14-19

never revokes his gifts or his call. Wed Your will is a song OTue Paul writes: God Ps 119:49-56

holy name. Bless the Lord, my soul; soul; let all that is in me bless his 2 OThu Bless the Lord, my O Ps 103

make an everlasting covenant with Fri The Lord says: I shall my people: never to cease in my ) () Jr 32:37-41

of the Lord must not engage in 2 Tm 2:22-26

their joy sell everything they have kingdom of heaven is like treasure hidden in a field that someone has ound; they hide it again, and in and buy that field.

Mt 13:44-46

L SUN Taking the five loaves

Mt 14:13-21

to heaven, Jesus gave thanks and and the two fish and looking up

them to the disciples, who gave them to the people. They all ate broke the loaves. Then he gave

and were satisfied.

SUN Jesus said: The kingit is the smallest, yet once it has grown it is the biggest of plants. sowed in their field. Of all seeds dom of heaven is like a mustard seed which someone took and

Rm 11:29,33-36

for me. In the night I remember your name, Lord.

am bringing recovery and healing

to my people. I will reveal to them

peace and faithfulness in full

JWed The Lord says: Look,

Jr 33:1-8 and mother.

orget none of his good deeds.

efforts for their good.

**Sat** Paul writes: A servant quarrels but should be welcoming to all and patient in adversity.

to you and says, "I repent", forgive

a day and seven times comes back

Sat You have put on a new

Col 3:8-11

mage of its Creator. Here there is

self that is being renewed in the

no room for distinction between

persons; there is only Christ, who

is all and in all

brother wrongs you seven times in

LFri Jesus said: If your

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onger passage

Jr 7:21-24

ten to my voice, then I will be your Mon The Lord says: Lis-God and you will be my people. In everything, follow the way that I will mark out for your happiness.

Mk 10:17-22

you have and give the money to the lack one thing. Go, sell everything poor, and you will have treasure in person who questioned him: You neaven. Then come, follow me. LIue Jesus said to a

Si 17:1-14

Wed God created human beings in his image; he has placed his light in their hearts.

Mt 10:37-42

you welcomes me; and anyone who Thu Jesus told those he sent out: Anyone who welcomes welcomes me welcomes the one who sent me.

Gn 50:15-21

has, by God's design, been turned brothers saying: Do not be afraid. Fri Joseph forgave his The harm you planned to do me to good, to bring about the survival of a numerous people.

Mt 17:1-8

This is my beloved Son on whom my ered the disciples and a voice said: On the mountain where Jesus was Sat TRANSFIGURATION transfigured, a bright cloud covfavour rests; listen to him.

evening came he was there, alone. the hills by himself to pray. When ) 1 K 19:1-8

eat, or the journey will be too long touched him and said, "Get up and for you." So he got up and ate and drank, and, strengthened by that food, he walked until he reached O Mon When Elijah was discouraged, an angel of God the mountain of God.

Mk 6:45-52

Tue When they saw Jesus walking on the water, the disciples spoke to them saying, "Have courwere terrified. But at once he age, it's me. Don't be afraid."

Rm 15:1-6

and one voice you may glorify God. vourselves, so that with one heart perseverance and encouragement give you a spirit of unity among Wed May the God of

2 Th 3:1-5

I Thu Paulwrites: May the ord turn your hearts towards the love of God and the perseverance of Christ.

2 Co 5:20-6:2

reconciled to God. Now is the time of God's favour, now is the day of peal through us. And we implore though God were making his ap-LFri Paul writes: We are ambassadors for Christ; it is as you in the name of Christ: be salvation.

Jn 15:18-27

me, they will persecute you also. If than his master. If they persecuted they kept my word, they will keep Remember: No servant is greater has drawn you out of the world. Sat Jesus said to his disciples, "My choice of you yours as well."

Mt 15:21-28

SUN Jesus went up into

7 Mt 14:23-33

have great faith! May your wish be SUN Jesus said to the Canaanite woman: Woman, you Lk 1:39-56 granted.

Mon THE VIRGIN MARY

Mary said: The Lord's merciful love Tue The Lord says: I am stretches from age to age upon with you, I will watch over you those who revere him. Gn 28:10-22

don you before accomplishing what wherever you go. I will not aban-I have promised you.

Wed Moses said to the people: The Lord our God is the 7 Dt 6:4-9

your heart, with all your soul and only God. Love the Lord with all with all your strength.

OThu Paul writes: The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. O 6a 2:15-21

only listen to the Word, put it into Fri James writes: Do not Jm 1:22-25 practice.

the vine, neither can you bear fruit bear fruit unless it remains part of rue vine. Just as a branch cannot Sat Jesus said: I am the unless you remain in me. Jn 15:1-8

answered, "some Elijah, and others say I am?" Peter spoke up and said, 'Some say John the Baptist," they You are the Christ, the Son of the ciples: "Who do people say I am?" leremiah or one of the prophets." 'But you," he said, "who do you iving God."

Ep 3:14-19

- Mon May Christ dwellin

Ck 19:1-10

, Rm 8:31-39

I Wed St. Paul writes: I Christ Jesus. Thu This is the command

1 Co 13:8-13

OFri Paulwrites: These

Rm 12:14-21

Sat Bless those who perng, weep with those who weep.

) O Mt 16:21-27

Spirit of the Risen Christ, comforting Spirit, Spirit

each one of us will never of praise, your love for

disappear.

OSUN Jesus said: Whoever but whoever risks their life for my tries to save their life will lose it, sake will find it.

) () Ba 4:36-37

people: Look and see the joy that is Mon The Lord says to his coming to you from God.

Tue Whoever loves their

peings but chosen and precious in Wed Come to Christ, the iving stone, rejected by human and need not be afraid of stum-2 1 1 1 2:4-10 God's sight. bling.

Mt16:13-20

SUN Jesus asked his dis-

our hearts through faith, and may measure of all the fullness of God. Christ, which is beyond all knowlyou be rooted and established in love, so that knowing the love of edge, you may be filled to the

Tue Jesus said: The Son of man has come to seek out and save what was lost.

neither the present nor the future, nor depth, nor anything else in all us from the love of God which is in am certain that neither death nor creation will be able to separate life, neither angels nor demons, nor any powers, neither height

C 1 Jn 4:16-21

Christ gave us: whoever loves God must also love their brother and

and love. And the greatest of them three things remain: Faith, hope is love.

secute you; bless and do not curse. Rejoice with those who are rejoic-

> These short readings are those read, day Bible reference given indicates a slightly by day, at community prayer in Taizé. The

onger passage

the monastery, he lived among his brethren as a use in a cell for fifteen years. He prayed and read Gospel, the whole New Testament each week.

After more than thirty years in solitude, he could te in his spiritual instructions: When you pray, centrate your mind and gather it in your heart. In, when the Lord will have warmed your heart h his grace, in union with the Spirit, your prayers I flow without interruption and will always be h you, making you glad and nourishing you.

The end of his confinement approached: the other of God ordered him to leave his cell to ve others. At age 63, he became a "father" and ritual advisor to thousands of monks and lay ople. His life appeared like a revelation "of the of the age to come." He greeted all his visitors the the words, Hello, my joy! or Christ is risen! ighboring farmers, soldiers, monks, pilgrims, nees, priests, women of the world, high offils of the church, merchants: they all came by thundreds and crowded around him to questra him, to hear him, to see him.

What did they see? A little old man, "all white, iveled, dried up, with blue eyes" and an "unbevably radiant" smile, said one of those who coned in him.

His warm reception, his wisdom, his "second ht" (he welcomed some people with the words: know, I know," letting them enter before anyone to give them advice and consolation, even before y said who they were or why they had come) rered courage to the tormented.

To his superior he advised: Be a mother to your nks. To the young: Have patience with yourself d bear your own flaws as you do those of your neigh; but without indulging in laziness and constantly iving to do better.

He also received the grace to give birth to "spiri-I children." Among them was Nicolas Motovilov, raculously healed of multiple sclerosis. On the ning of life of the "staretz" he would receive this tament along with a detailed explanation: The al of the Christian life consists in acquiring the Holy rit.

On the night of January 1-2, 1833, in the midst the Christmas season, Father Seraphim was heard ging Easter hymns and the Troparion of the Resection. At dawn, he was found dead on his knees fore the icon of the Virgin of Tenderness.

These words noted down by Motovilov during a g conversation sum up well the object of Seraim's striving throughout his life: Acquire inner uce, and thousands around you will find salvation.

# Pleasure, Happiness, Joy

Pleasure plays a considerable role in the never-ending development of a human personality: a role that builds it up and gives it a fundamental structure. For we are desire, a desire that responds to another primary and mysterious Desire that calls us into existence. We are desire to be, desire to be more and more, desire to be happy.

Pleasure, then, is when this desire is fulfilled, at least partially. Now often pleasure is not happy to be relative: it tends to usurp the first place, to engage one's whole desire. The challenge then is to be lucid, to be in control, not in opposition to pleasure, but in order that pleasure may be real. For it is not just any pleasure experienced in any way that can be a true symbol of the happiness I really aspire to.

It is by starting from our varied experiences of pleasure that we can have an idea of what happiness is and can aspire to it. It constitutes an inner experience that is deeper and above all more all-encompassing, more stable, less immediate, less dependent on circumstances. For, more than pleasures, happiness should also be revealed to us by the meaning we see in our life. The idea that I have of happiness will help me to decide which pleasure is good and which pleasure, even if legitimate in itself, is not.

To meet Christ, to choose God, to live in accordance with the Gospel—all this does not mean renouncing happiness, or even the taste for pleasure. The choice is not between God and happiness; the choice is to make of God and the covenant he proposes our prime happiness, and the criterion of what our pleasures shall be. Saint Augustine assures us: "Everyone who turns to God sees their delights and pleasures change: they are not taken away, but transformed."

How then are we to see joy? I would like to suggest that joy can be considered as the capacity to live here and now in this happiness which is to come, to taste it already. Joy, then, as a conscious way of seeing this happiness as more real than whatever is actually presented to our senses. Unlike pleasure, joy is not fundamentally dependent on circumstances. For a Christian, it is not just theoretical, because we recognize the source of joy in the resurrection of the Lord and we are invited to receive it as a fruit of the Holy Spirit.

Furthermore, if joy receives from pleasure its concreteness, it brings to pleasure a new vivacity, a new intensity and wonder. Yes, if someone receives their being from God, if they accept their life from him, then they find all kinds of pleasures they had not thought of looking for, but which arise by themselves, numerous and free. It is a little like what happens after a serious illness, when one rediscovers life all over again. Nothing seems banal. The joy of faith means really rediscovering life, with a finer sensibility, ready for wonder. And this leads to thanksgiving which is shot through with pleasure.

(Excerpt from Short Writings from Taizé, no. 14, by Brother Pierre-Yves.)

of the poor because I know that together we discover the joy of living.

> Love shown to us engenders a happiness which gradually fills the depths of the soul. And then we are led to make a conscious choice, to opt for joy.

## Rosalia and Pablo (Spain)

In the summer of 2005, at the doors of the Church of Reconciliation, where thousands of young people were waiting to enter for Brother Roger's funeral celebration, God wanted our paths to cross. A few hours later we already knew that that immense gift would lead us to disrupt our plans and our lives, because the things of God are like that, surprising and beauti-

From those first days spent together on the hill a word has rung out in our hearts: simplicity of life. That simplicity was very attractive to us, and we decided to follow that intuition, to commit ourselves to living a simpler life together. That way of living is what allows us to rediscover the joy of daily living, the simplicity of the everyday, the beauty of what really matters, the risk to go out searching for others and to find ourselves open to what arises.

Now, more than five years later, this is our way of opting for joy. And as a married couple expecting our first child, we cannot stop giving thanks for this discovery, which we live as a gift from God.

> The Holy Spirit sets the joy of the Risen Christ in the depths of our being. It is not only there when everything is easy. When we are faced with a challenging task, the effort can reawaken joy.

### Jessa (Philippines)

Our country is suffering from economic crisis and a lot of people and families are in poverty. Not all families can have three meals a day. Some families have to raise seven or nine children at once, without even having a stable job or getting well compensated for this. Yet you can see that the people, despite this sad reality, can smile and continue with their life. We don't have a lot in life, financially or materially, but we see the other good side of this. We give more importance to things that are more meaningful, like our family, our friends, the people that surround us. that love, support and care for us. Yes, it's a fact we don't have a lot in terms of money, but we simply give more value to things in life which are free, and that makes us

Opting for joy is really a choice. People have to be faithful and keep on trusting. So as a young person in my country I also

live by this and I try to be positive, to be optimistic and I know that despite all the things that are happening God will always be there.

> The Orthodox theologian **Alexander Schmemann** wrote: "Joy about nothing concrete, joy from the beyond; the joy of God's presence touching the soul. And the experience of this touch, of this joy will determine the course, the direction of one's thoughts and one's relationship to life." (Note 3)

# Fiodar (Belarus)

Sometimes when you read an author's writings, you feel an inherent "thread", a mood, which is shown not by ideas or points the author is writing about, but rather a kind of light which is reflected in all the writer's works. In the writings of Fr.

> BROTHER PIERRE ETIENNE (1922-2011)

On January 19, Brother Pierre Etienne died at the age of 88. Ill for several years, he had been hospitalized in early January. Being able to return home to Taizé on January 18 was for him a final reason for joy and, back among the brothers, he died in his sleep peacefully the next morning.

Born in Lyon, he attended high school in Grenoble and then studied theology at the Protestant Faculty of Montpellier. In 1952 he was ordained a pastor in the Reformed Church of France in Algiers and entrusted with a parish in Algeria. Then he became a Taizé brother and remained for some time in Algeria. where at that time a small group of brothers was living. He acquired a good knowledge of Islam. He lived with other brothers in the Ivory Coast and Niger as well, and then spent the rest of his life in Taizé.

He was an artist, and worked in the enamel pendants workshop of the community, where for years he created beautiful pieces. A man of great culture, he was a poet and, as such, he collaborated in preparing the French Protestant hymn book "Nos cœurs te chantent". He published several books of poetry.

Alexander Schmemann this thread, this light, was joy. He was truly "the apostle of joy."

When I finished reading his Journal, the presence, the feeling of Gospel joy in the Holy Spirit remained in me. Sometimes he grumbles, sometimes he sharply criticizes different sides of the Church and of the secular world. But his criticism is always about the lack of joy, the inability to rejoice. Fr. Alexander wrote that refusal of joy is the "origin of false religion." "It is impossible to know that God exists and not rejoice."

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